

ABSTRACT

The purpose of the present invention is to extract oil from the soybean material containing soybean germ as a main component, and to utilize it.

The present invention relates to a method for producing a soybean material, comprising crudely crushing selected soybeans into a size of less than 1/2, and separating and concentrating a soybean germ fraction by means of sieving, sorting with air, separation based on the grain shape and the like, to the soybean germ fraction produced by said method, to oil prepared from the soybean material containing soybean germ as a main component, to oil containing 0.8 % by weight or more of sterols' content, and to foods containing said oil.